

# Physical Activity Guidelines

These are the physical activity guidelines for children, categorized by age, as recommended by the National Association for Sport and Physical Education.

## Guidelines for Infants:

1. Infants should interact with parents and/or caregivers in daily physical activities that are dedicated to promoting the exploration of their environment.
2. Infants should be placed in safe settings that facilitated physical activity and do not restrict movement for prolonged periods of time.
3. Infants' physical activity should promote the development of movement skills.
4. Infants should have an environment that meets or exceeds the recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of infants should be aware of the importance of physical activity and facilitate the child's movement skills.

## Guidelines for Toddlers and Preschoolers:

1. Toddlers should accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes.
2. Toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.



3. Toddlers should develop movement skills that are building blocks for more complex movement tasks; preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.
4. Toddlers and preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.

Guidelines for Children ages 5-12:

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week.
2. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
3. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
4. Extended periods of inactivity are discouraged for children, especially during daytime hours.
5. Expose youngsters to a wide variety of physical activities.
6. Teach physical skills to help maintain lifetime health and fitness.
7. Encourage self-monitoring so youngsters can see how active they are and set their own goals.
8. Individualize intensity of activities.



9. Focus feedback on process of doing your best rather than on product.
10. Be active role models.

**General Guidelines for Teens, as recommended by the Centers for Disease Control and Prevention:**

1. Teens should receive at least 20 minutes of vigorous physical activity three or more times each week.
2. OR, teens should receive at least 30 minutes of moderate physical activity 5 or more times each week.